

### Optimizing Supplement Absorption

	With food	Without food	Other precautions
<b>Vitamin supplements</b> (multivitamins, B Complex, A, D, E, K, Iodine)	✓ (A, D, E, K best absorbed with fats)		
<b>Zinc, C, Folate and B12</b>		✓	
<b>Iron</b> Best absorbed if taken with Vit C rich foods or Vit C supplements Take away from calcium or calcium rich foods & most medications		✓	
<b>Calcium</b>	✓		
<b>Magnesium</b>	✓	✓	(with or w/o food)
<b>Amino Acids</b> (NAC, L-glutamine, tyrosine, taurine, L-lysine)		✓	
<b>Probiotics</b> w/ lactobacillus and bifidobacterium		✓	
<b>Probiotic</b> w/ Sacc. Boulardii	✓	✓	(with or w/o food)
<b>Digestive Enzymes and/or Ox Bile</b>	✓ As you start to eat your meal		
<b>Betaine HCL</b>	✓ In the MIDDLE of meals (not before or after)		
<b>Bitters</b>	✓ 10-15 min PRIOR to meals		
<b>Curcumin</b> * Better bioavailability if black pepper or phytosome delivery (Meriva)	✓		***
<b>Fish oil</b>	✓ (best absorbed with fats)		***
<b>Quercetin</b> *Better bioavailability if Bromelain added	✓		
<b>Phosphatidyl Serine</b>		✓	
<b>Bergamot</b>		✓	May drop blood sugar: monitor glucose in diabetics
<b>Berberine</b>		✓	May drop blood sugar: monitor glucose in diabetics
<b>ALA (alpha lipoic acid)</b>		✓	
<b>Glucosamine</b>	✓		Not recommended for diabetics
<b>Niacin</b>	✓		
<b>Glutathione</b>		✓	
<b>Plant Sterols</b>	✓		
<b>COq10</b>	✓ (best absorbed with fats)		
<b>L-Carnitine</b>	✓		
<b>Gingko Biloba</b>	✓		***

Best NOT to take Magnesium, Calcium, Zinc, Copper and Iron together as they 'compete' for absorption  
 Best not to drink green tea or red wine at the same time as Iron supplement (tannins will reduce iron absorption)

**\*\*\* Caution if taking together, if taking blood thinners or preparing for surgery due blood thinning effects**

#### Supplements that can be taken any time of day:

- ✓ DIM and Evening Primrose Oil (some find food will reduce stomach upset)
- ✓ ChasteBerry (vitex berry)
- ✓ Protein powder, Bone broth, collagen
- ✓ DHEA
- ✓ Progesterone – often helps sleep if taken at night
- ✓ Adaptogens
- ✓ 5htp –helpful for sleep if taken at night- can be taken many times/day as needed
- ✓ Milk Thistle